

# Virtues and good habits

## Preface

Today's children are tomorrow's foundation of the country. To be a foundation of the country, the children should be virtuous & ideal; but what is the state of children today? Most children do not listen to their elders, do not study seriously and make fun of teachers. Many children play cricket or watch TV for hours together. Some children dream of becoming film stars when they grow up and therefore, keep humming film songs.

Some children get into bad company, while some are addicted to tobacco, drugs etc. All these aspects make the children selfish, irritable, obstinate, fickle and even perverted. To prevent all this, it is necessary to inculcate good subconscious impressions in children.

The harmful effects of bad *sanskārs*, the importance and benefits of good *sanskārs* and virtues have been given in this Text. Hence, children will be able to understand the difference between good and bad. Due to various aspects described here, such as how children should study, which hobbies they should pursue, how they should behave with teachers and guests at home, etc. they will not only become successful, but also virtuous and ideal in life. This Text also includes aspects such as the desirable outlook that parents should have about certain issues related to children, experiments they should conduct so their children get a first-hand experience why certain choices are more *sāttvik*, etc. We pray at the Holy feet of Shri Guru that may this Text be useful in creating a future generation that abides by Dharma and is patriotic. - **Compilers**

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